

The “Black Rose” Checklist

Identifying Toxic People 101

Getting Started

This is the checklist that will allow you to identify negative vortexes and people that may be currently in your life. This worksheet is accompanied with chapter 12 of the “The Indigo Code – The story of the multidimensional entrepreneur”.

The first thing you need to make sure is where is your point of awareness is right now, Is it Upstream or Downstream. Than there will be a time that you will have to change your environment along with your lifestyle – hence let go of people that are no longer match your evolving vibration.

Follow the steps listed here and you can quickly become more aware of the influences outside of yourself that derailing you from your destiny.

How to use the checklist?

In the following pages you have table in which you need to state the person that you feel is a “**black Rose**”.

1. Answer each question with YES or NO, unless stated otherwise.
2. Below the table there is a space in which you need to state the feeling toward that person according to what you’ve learned from that chapter & your life experience.
3. The next step is making a clear decision and taking action as you need to handle the situation. Whenever you cut that person from your life, you can “see” if that person really had a negative effect on you or you were in negative spiral, and in that case everything can be seen in dark lenses.

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4. If you still have doubt, you can contact me and I will use Remote Viewing upon the situation to give a better understanding (paid service).
5. If there’s more than one person that has the same effects, print this checklist again and fill it up.

The Checklist

#Attribute	#Yes/No
Name of the Person _____	*
Do you felt good prior to the meeting with that person?	
Does this person contact you only when you feel good, as he/she has 6-sense in regard for your happy times?	
Is there imbalance in give/receive between you & that person most of time, and I mean about 90% of time?	
Does he/she use your stuff without any permission, regardless your requests?	
Does he loan money from you, and he takes his time paying you back, if any?	
When that person has issues, he calls you for long-howl talk but when you’re in need, the conversation lasts minutes?	
She can offer you joint dinner but you’ll buy everything, cook, clean and she’ll give you a kiss on the chick... hooray	
This person purrs cold water each time you share your vision, passion or outside of the box insights	
Do you get sick, dizzy or drained even days after the encounter with him/her?	
When you aren’t near that person you feel happy, vital and refreshed?	
They are with you for better or worse? OH sorry, you can skip the worst part!	

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Around them you feel anger, sadness, depression, emotional turbulence?	
Prior to encounter “Black Roses” – Do you in Downstream or Upstream mode?	
During the encounter – Upstream or Downstream?	
After the encounter – In what state you believe you were?	
Do your friends warned you reputedly about that person but you most of the time failed to listen?	
How many Black Roses you have in your life at the moment? Write their names down below	
Note your physical reaction: Your belly is contracted and cannot breathe properly? The air is sucked from your body?	
Do you feel Chills in your upper body when you think or meet with that “Black Rose Candidate”?	
Does someone treat you before as a “black rose”?	
How many are there “black roses” in your life, now?	

Note your feelings

Here you can write your notes, feelings, how much time it lasts, A-Ha moments that right now lid up like a light bulb. Expressing yourself in writing will help you clear your mind.

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Make a Decision, Take Action!

The first step is to expand your awareness by teaching you about the subject you knew little to none so by now your awareness has grown and evolved.

The second step we took, is to filter the candidate through a series of attributes so that you can identify if that person is or not really a “black rose”.

The third step is to write more freely as this step is when A-HA moments and realizations are coming instantly, so this is the place to write it down.

The fourth step, here, is to make a decision and taking action via few guiding questions.

- A. Can you reduce to minimum or cut ties with that person from tomorrow?
- B. Are you willing not to share your visions and dreams with them or everyone else for that matter, that is not like you and sharing the same passion & vision?
- C. Did you learn by now that from what you don't want/like, you now know what you really want... so you can now focus on what kind of people you do want in your life?
- D. What kind of people you wish to have in your life now? Envision it for a minute.

The Action I'm taking right now...

The “black Rose” name: _____

Date of cutting ties: _____

Date: _____

My Signature: _____

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